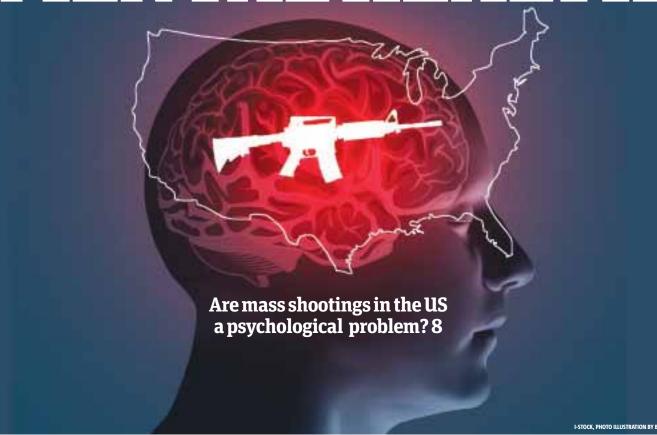




Freeze no more in Florida, it's already time to plan a beach break. 24

GUNS AND MENTAL HEALTH



WELCOME TO METRO.US

MORGAN ROUSSEAU, MANAGING EDITOR
As the nation reels in the wake of
Sunday's mass shooting at a rural
Texas Baptist church, the debate over
gun control rages on. Irate Americans
are divided over whether to blame lax
gun control laws or a mental health
crisis. Metro World News looks at the
issue, and asks: Are shootings in the
U.S. a psychological problem or a legal
one? Read more on pages 8-9, and
visit Metro.us for thorough coverage
of this issue



RULES RESTRICT TRAVEL AND TRADE WITH CUBA

The U.S. government made it tougher on Wednesday for Americans to visit Cuba and do business in the country, making good on a pledge by President Donald Trump to roll back his Democratic predecessor's move toward warmer ties with Havana. The restrictions, which take effect on Thursday, are aimed at preventing the military, intelligence and security arms of Cuba's Communist government from benefiting from

American tourists and trade, the White House said. They fill in the regulatory detail on a Trump policy speech in June, in which the Republican president called for a tightening of restrictions. He said then that the Cuban government continued to oppress its people and former President Barack Obama had made too many concessions in his 2014 diplomatic breakthrough with Washington's former Cold War foe.

UBER, NASA TO BUILD FLYING TAXI SOFTWARE

Uber is taking part in a joint industry and government push with NASA to develop software which the company aims to use to manage "flying taxi" routes that could work like ride-hailing services it has popularized on the ground. Uber said it was the first formal services contract by the U.S. National Aeronautical and Space Administration (NASA) covering low-altitude airspace rather than

outer space. NASA has used such contracts to develop rockets since the late 1950s. Chief Product Officer Jeff Holden also said Uber would begin testing proposed four-passenger, 200 mph flying taxi services across Los Angeles in 2020, its second planned test market after Dallas/Fort Worth. Uber has faced regulatory and legal battles around the world since it launched taxi-hailing services earlier this decade.



FORMER CEO APOLOGIZES FOR DATA BREACH

Former Yahoo
Chief Executive
Marissa Mayer apologized on Wednesday for two
massive data breaches at the
internet company, blaming
Russian agents for at least
one of them, at a hearing on the
growing number of cyberattacks on major U.S. companies.
"As CEO, these thefts occurred
during my tenure, and I want
to sincerely apologize to each

and every one of our users," she told the Senate Commerce Committee, testifying alongside the interim and former CEOs of Equifax Inc. and a senior Verizon Communications Inc. executive. "Unfortunately, while all our measures helped Yahoo successfully defend against the barrage of attacks by both private and state-sponsored hackers, Russian agents intruded on our systems and stole our users' data."

NEW KEVIN SPACEY SEX ASSAULT ALLEGATIONS

Former Boston news anchor Heather Unruh said that disgraced actor Kevin Spacey sexually assaulted her teenage son in 2016 at a Nantucket restaurant. Unruh made the claims at a downtown Boston hotel alongside attorney Mitchell Garabedian, who is known for his representation of victims of the Catholic church sex abuse scandal. Unruh cried as she described the incident, which she

said happened when her son was just 18 years old. "My son was a starstruck, straight, 18-year-old young man who had no idea that the famous actor was an alleged sexual predator, or that he was about to become his next victim," Unruh told media. Spacey, she said, bought "drink after drink after drink" for her son, getting him drunk. After that, Spacy allegedly put his hand down her son's pants and grabbed his genitals.

TONY'S METRO MAGIC 2017



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.



URBAN ELEGANCE

When you get home, relax with the new CITY barware collection from Orrefors. The CITY collection consists of crystal glass barware and stainless steel accessories that embodies modern Scandanavian design. Inspired by city lights, the cuts on the surface create a bold and masculine, yet elegant and refined feeling.

CITY barware collection can be found at Bloomingdales, other fine retailers and www.orrefors.us

CITY DESIGN MARTTI RYTKÖNEN

Highball, Old Fashioned, Double Old Fashioned 4-p \$60 | Ice Cubes stainless steel 4-p \$30

NYC launches crowdfunding program to support female entrepreneurs

New York City will provide the first 10 percent of loans for female entrepreneurs to help get their businesses started.



Crowdfunding has become the fuel for many a startup, and now women entrepreneurs in New York City have their own crowdfunding program to help them build their businesses.

Mayor Bill de Blasio announced on Wednesday that the city has partnered with Kiva.org to launch "WE Fund: Crowd," de-scribed as "a first-of-itskind city-led crowdfunding program to help women entrepreneurs access affordable capital and start businesses in New York City."

Through Kiva, which is a not-for-profit crowdfunding platform, female for crowdfunded loans of up to \$10,000. The city will contribute the first 10 percent of their goal, up to \$1,000.

"Leveling the playing field for women entrepreneurs will help grow and diversify our economy, and strengthen our families and neighborhoods,' de Blasio said in a statement. "With Kiva, we will help launch small businesses that might otherwise never get off the ground."

About half of women who start businesses in New York City are looking for less than \$10,000 to start them, officials said, but some traditional financial options are often not available in small amounts, and other options usually have high interest rates.

"Seventy percent of women entrepreneurs in New York City cite access to capital as a major challenge as they launch and grow companies," according to the mayor's office.

The program plans to reach at least 500 businesses over three years, with the city pledging more than \$3 million in loans. That money will be provided through a zerointerest loan and will be

PROGRAM PLANS TO REACH AT LEAST 500 BUSINESSES OVER THREE YEARS, WITH THE CITY PLEDGING \$3M IN LOANS.

confirmed when the entrepreneur reaches their full fundraising goal.

"Connecting women entrepreneurs directly to investors gives them access to seed money they need to open stores, restaurants and fashion companies in neighborhoods across New York City," said Alicia Glen, deputy mayor for housing and economic development, in a statement. "As we continue to focus on stabilizing communities, growing jobs and sup-porting women in business, this collaboration with Kiva.org is simple and smart."

The program is part of the WE NYC, a women's entrepreneurship initiative created by the city's Department of Small Business Services. Women interested in the program can visit we.nyc.

"Connecting women entrepreneurs directly to investors gives them access to seed money they need to open stores, restaurants and fashion companies in neighborhoods across New York City."

Alicia Glen



Matt Flannery (2nd L), co-founder of Kiva.org, talks with guests at a launch event for Kiva City D.C. GETTY IMAGES



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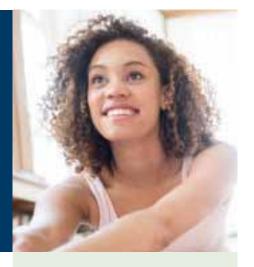
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Brooklyn	Address	Date	Time	
Downtown Brooklyn Community Office	635 Fulton Street, 1st floor Brooklyn, NY 11217	11/7, 11/17	3pm-4:30pm	
Queens	Address	Date	Time	
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st floor Jackson Heights, NY 11372	11/3, 11/10 11/17, 11/24	2pm-3pm	
Richmond Hill Community Office	122-01 Liberty Avenue, 1st floor South Richmond Hill, NY 11419	11/8, 11/24	3pm-5pm	
Bronx	Address	Date	Time	
Fordham Community Office	412 E Fordham Road Bronx, NY 10458	11/1, 11/15 11/29	10am–11am	
E. Tremont Community Office	774 E Tremont Avenue, 1st floor Bronx, NY 10460	11/9	10am–11am	
Long Island (Nassau County)	Address	Date	Time	
Hempstead	50 Clinton Street, Suite 110A	11/1, 11/15, 11/29	6:30pm-7:30pm	
Community Office	Hempstead, NY 11550	11/4, 11/18	2pm-3:30pm	

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How Democrats' off-year election gains may be a preview of 2018

Democrats claimed historic gains and flipped Republican-held seats in local races across the country on Tuesday, in the party's first big wave of victories since Republican Donald Trump's surprise White House win a year ago.

Democrats celebrated coast-to-coast victories in off-year elections that could foreshadow the mood of the national electorate heading into the November 2018 elections, when control of the U.S. Congress will be at stake.

"This is beyond our wildest expectations, to be honest," Catherine Vaughan, co-founder and chief executive of Flippable, one of a number of new startup progressive groups working at the grassroots level to rebuild the party, said in a telephone interview. "People wanted the opportunity to win again and to fight for their values."

Election analysts said the gains suggest Demo-



emocrats may have the momentum to retake the House in 2018. GETTY IMAGES

crats have a good chance of retaking the U.S. House of Representatives next year. Republicans currently control both the House and Senate.

In the Virginia governor's race, Democratic Lt. Gov. Ralph Northam defeated Republican Ed Gillespie. The unsuccessful candidate had employed Trump-style campaign tactics that highlighted divisive issues such as immigration but did not have the president join him on the campaign trail.

Victories from Wash-

ington state to Georgia provided momentum for national Democrats desperate to turn grassroots resistance to Trump into wins after losing four special congressional elections earlier this year.

"You can't really look at tonight's results and conclude that Democrats are anything other than the current favorites to pick up the U.S. House in 2018," Dave Wasserman, who analyzes U.S. House and statehouse races for the nonpartisan Cook Political Report, said on Twitter. REUTERS



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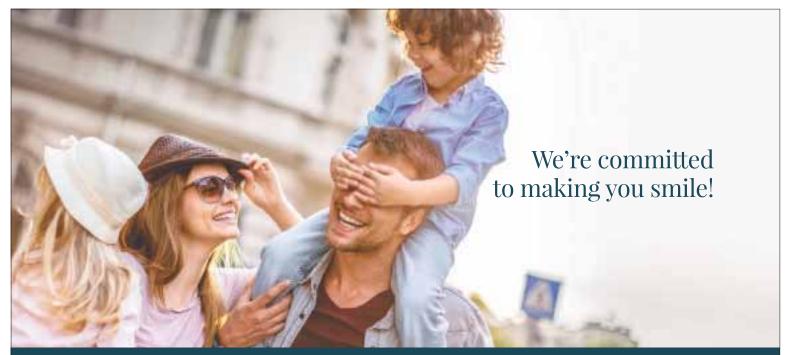












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A man delivers flowers to a memorial for victims of the mass shooting that killed 26 people in Sutherland Springs, Texas. GETTY IMAGES

Guns and mental health: Are shootings in the US a psychological problem?

Metro speaks with experts to learn more about the issue of access to guns in the country.





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			9	_	2 people	\$33,875 - \$45,840
					2 people	\$40,492 - \$45,840
2 bedroom		\$1,123	11		3 people	\$40,492 - \$51,540
					4 people	\$40,492 - \$57,240

- * Rent includes gas for cooking and heat. Tenants are responsible for electricity.
- ** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
- *** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income, Income guidelines subject to change.
- **** Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Vernon Tower, c/o Housing Partnership Development Corporation, 242 West 36th Street, 3rd Floor, New York, NY 10018. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than January 8, 2018. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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Mayor Bill de Blasio HPD Commissioner Maria Torres-Springer









Is gun violence a result of lax gun laws, or a mental health crisis? That's what the nation is debating after a deadly mass shooting at a Baptist church in Texas, in which 26 people lost their lives.

After the Nov. 5 massacre, President Donald Trump declared that gun ownership was not a factor and pointed to the mental health of the shooter.

"We have a lot of mental-health problems in our country, as do other countries, but this isn't a guns situation. ... We could go into it, but it's a little bit soon to go into it. Fortunately, somebody else had a gun that was shooting in the opposite direction, otherwise it wouldn't have been as bad as it was, it would have been much worse," he stated.

Trump added: "This is a mental-health problem at the highest level. It's a very sad event."

Devin Patrick Kelley, a 26-year-old man wearing all-black tactical gear and a mask, carried out the attack using a semiautomatic weapon for which he did not have a permit.

Metro spoke with Giffords Law Center to Prevent Gun Violence Attorney Hannah Shearer about the U.S. epidemic of gun violence.

What part do gun laws play in the latest shootings in the U.S.? The U.S. is experiencing a

The U.S. is experiencing a gun-violence crisis. Americans are 25 times more

likely to be killed by a gun than people in other developed nations. It's apparent that America's weak gun laws have contributed to higher rates of violence because other countries do not experience the same number of large-scale gun massacres.

Could these events be prevented?

People shouldn't have to fear being shot and killed when they're going to church or attending a music festival. The example of other countries, where people don't live with this same type of fear, shows that tougher laws can prevent both gun massacres and everyday shootings. On the state level in the U.S., there is a clear correlation between stronger gun laws and lower rates of gun violence, as experts from my organization have observed in our annual Gun Law Scorecard. It is time for U.S. lawmakers to step up and support evidence-based solutions, like universal background checks, instead of treating gun massacres as inevitable.

How does mental illness relate to these attacks?

The U.S. has similar rates of mental illness to other developed countries, yet we experience far more firearm attacks. It's not an answer to say that we simply need to treat mental illness, because that only treats part of the problem. We also





Giffords Law Center to Prevent Gun Violence attorney Hannah Shearer weighs in on the U.S. struggle with mass shootings. MWN

need to improve our gun laws to make sure that people who are in a mental health crisis cannot assemble arsenals of deadly weapons so quickly and easily.

But is it a problem of public health, as Trump suggests?

It is a public health crisis, but guns are the key piece of the crisis. Many proponents of relaxing gun laws in the U.S. say that if people intent on harming others can't use a firearm to carry out an attack, they'd use a truck or some other destructive weapon. Well, after deadly truck attack in New York, the city directed resources to putting protective concrete barriers around its bike lanes, as cities in Europe have done with bollards to try to protect people from that type of attack. Governments are supposed to take action to protect the public from violence, and firearm violence should be no different from any other.

Why, despite these attacks, doesn't the law change in the U.S.? The U.S. has not improved its federal

firearm laws because the corporate gun lobby has tried to make gun safety an off-limits subject for legislators. The gun lobby wants to perpetuate a narrative that gun violence is normal and can't be prevented. But the reality is that violence can be prevented, and over 90 percent of Americans support simple preventive policies like universal background checks. Hopefully, U.S. lawmakers will find the courage to stand up to the gun lobby and enact laws the majority of Americans are demanding.

What can be expected in the future?

Mass shootings in the U.S. are increasing in frequency and death tolls from these horrific events are rising. Since the Las Vegas shooting, 35 other mass shootings have occurred where 4 or more victims were shot. We shouldn't have to lose innocent lives to start the conversation about preventing gun violence, but we hope that the conversation that's been started will lead to progress in the form of better gun policies.



GUN VIOLENCE: A LEGAL AND POLITICAL PROBLEM

Access to weapons continues to be a point of controversy and debate in the U.S. Each year guns kill around 30,000 people in this country. That is 3.9 per hour. According to a survey conducted by the U.S.-based think tank Pew Research Center, 67 percent of Americans claim "personal defense" as the main reason to have weapons.

Experts believe the main reason for these shootings is easy access to firearms.

"Easy access to guns and very limited record keeping or barriers to gun ownership do play a role in the kinds of shootings we have seen," Robert Spitzer, professor of crime, law and policy and gun control at the State University of New York at Cortland, told Metro.

The barriers are seen by some in conflict with the Second Amendment to the Constitution, which protects the right of Americans to own weapons.

And while Spitzer says greater control over access to weapons does not quarantee that more attacks will not occur, it could reduce the deadly consequences.

"In some cases, the perpetrators have significant mental illness. But around 95 percent of those with mental illness are not dangerous to others, so it's easy to exaggerate impact," he added.

Spitzer said despite changes that can be made at the state level, national policies will not change.

"The national government right now is firmly in the hands of the pro-NRA party, which endorsed Trump early last year. And the Republican Party is very, very conservative these days, which coincides with the far-right leanings of the gun lobby. That hold on the majority party strangles the prospects of reform," Spitzer said.



THURSDAY, NOVEMBER 9, 2017

Trump impeachment vote will happen by Christmas, swears Rep. Al Green

The Democrat introduced articles of impeachment, saying Trump has "brought disrepute on the presidency."



Rep. Al Green says he will force a floor vote to remove President Donald Trump from office by

Christmas.

"I now announce that before Christmas, there will be a vote on the chief inciter of racism, big-otry, hatred, xenophobia, sexism, ethnocentrism. There will be a vote in the

U.S. House of Representatives on the impeachment of the president," Green said in a speech on the House floor.

The Democrat from Texas introduced articles of impeachment in October but did not force a vote then, saying he wanted to give the public time to consider them. House Minority Leader Nancy Pelosi and Senate Minority Leader Chuck Schumer have dismissed talk of a Trump impeachment as premature before special counsel Robert Mueller finishes his investigation.

The articles of impeachment Green introduced say that Trump has "undermined the integrity of his office" and "brought disrepute on the presidency" with "a demonstrable record of inciting white supremacy, sexism, bigotry, hatred, xenophobia, race-baiting, and racism" that is "fueling an alt-right hate machine and its worldwide covert sympathizers" and "causing immediate injury to American society."

In the legislation, Green listed a number of Trump's falsehoods and racially charged statements, including comments that "son of a bitch" NFL players should be removed for kneeling during the national anthem to protest police brutality; his defense of white supremacists in Charlottesville, Virginia; and his repeated false claims that millions of immigrants voted illegally in the 2016 presidential election and President Barack Obama wiretapped Trump Tower.

With the House remaining under Republican control, any floor vote to impeach Trump would be symbolic. Republicans would likely move to table the resolution, triggering a procedural vote that Democrats do not have enough votes to advance.

Green has acknowledged that he may face political consequences for his action. "Whatever others will do is their choice. My conscience dictates that I will vote to impeach. Let others do what they may. History will judge us all," he said.



Rep. Al Green introduced articles of impeachment in October but did not force a vote then. GETTY IMAGES

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HEALTHCARE

Repeal of individual mandate would increase uninsured, premiums: CBO

The Congressional Budget Office said on Wednesday that repealing the Obamacare individual mandate would increase the number of uninsured by 13 million by 2027 and reduce the federal budget

deficit less than initially forecast. President Donald Trump and some Republicans favor including a repeal of the mandate in tax overhaul legislation. But lawmakers, Republican aides and lobbyists have said it would be difficult to include a repeal in a tax effort complicated by intraparty differences and business lobbying.

The CBO, the nonpartisan budget-scoring agency, said that eliminating the Obamacare mandate that all Americans purchase health insurance or else pay a fine would lower the deficit by \$338 billion over the next decade, not \$416 billion, as it estimated in December.

The agency found that health insurance premiums would rise by about 10 percent in most years over the next decade in the individual market created by the Affordable Care Act, former President Barack Obama's signature domestic policy achievement. It noted that markets in most areas of the country would remain

The U.S. House of Representatives unveiled its tax plan last week, and the Senate's plan is expected to be released on Thursday. REUTERS

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Bannon is on a juice cleanse to prepare for upcoming 'battles'

He lost 12 pounds in a week, but ...



MICHAEL MARTIN @MetroNewYork

The Virginia elections weren't the only unprecedented event that shocked the political world this week: Steve Bannon is reportedly on a diet.

The Breitbart chairman and former Trump presidential adviser, who is not exactly known for his healthful glow, has embarked on a juice cleanse to shape up for a political fight after leaving the White House, Newsweek reported.

In the new book "Bannon: Always the Rebel," Keith Koffler wrote that two days after Bannon was removed from the White House by Chief of Staff John Kelly, he sat in his Washington, D.C., home sipping from "a



Steve Bannon has vowed to launch campaigns against nearly every incumbent Republican member of the Senate. GETTY IMAGES

mug containing a mysterious thick green concoction."

"He had put himself on a severe new dietary regimen, determined to lose weight and get in shape for the battles to come," the book says. "Bags of Doritos had already been banished to the trash. Somebody drifted into the room to serve him a small ceramic cup containing a vinegary solution which he reluctantly drowned, screwing up face as he did. This might not be so easy. But he was determined."

Bannon even lost 12 pounds in his first week after leaving the Oval Office, thanks to posting four pages of dietary restrictions on his refrigerator (red meat, no; hummus, yes), Politico

reported. Alas, expect no Bannon diet book to follow: He's gained most of them back. "Bannon has complained to friends that he is hungry, but he has bragged about his energy," the site said.

The book, out Nov. 13, is based on 10 hours of interviews with Bannon, who has described himself as Trump's "wingman outside" and reportedly still has the president's ear. Bannon has vowed to launch campaigns against every incumbent Republican member of the Senate except Ted Cruz.

"He sees himself at war still with the Republican establishment, giving fiery speeches and promising to choke off Senate Majority Leader Mitch McConnell from his donors," says Politico, but adds: "It is unclear how much lasting power he will have on the national political stage."

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Date: Thursday, November 16, 6:00-7:30 pm.

Presenters: Lourdes Castro, MS, RDN; Niyati Parekh, PhD, RD.

Location: Perlmutter Cancer Center. 160 East 34th Street, 11th Floor, Room 1121.

Info: This lecture is free and open to the public, but you must RSVP. To attend, email cancerevents@nyumc.org or call 212-263-2266.

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'WE DESERVE CLEAN WATER,' WRITES UNIVERSITY STUDENT FIGHTING TO PROTECT EPA

I'm from a Chicago suburb near the village of Crestwood, Illinois, where my family experienced the direct effects of a lapse in environmental protection by local officials to save money.

In 2009, it was discovered that one of Crestwood's water system's drinking-water wells was contaminated by perchloroethylene and vinyl chloride, dry-cleaning chemicals linked to cancer, liver damage and neurological damage. City officials reportedly knew about the contamination and still drew from the well for over two decades. My cousin, who was 7 years old at the time, was one of many people who got sick and fought for their lives as a result of drinking contaminated water.

Politicians ignoring environmental protection to slim down budgets at the expense of public

LETTER TO THE EDITOR DANA MCKAY

health is far from a local problem. The U.S. Senate will soon vote on the **Environmental Protection** Agency's budget appropriation. President Trump wants a whopping 33 percent cut to the EPA, and it is a possibility that he will get it. If our representatives cut the EPA's budget, the consequences to our public health and safety will be catastrophic.

That's why I intern with Defend Our Future, a nonprofit, nonpartisan environmental advocacy club at Temple University. The organization, a project of the Environmental Defense Fund, works toward climate solutions and a clean energy economy.

I work with students to fight these danger-



Temple University student Dana McKay. PROVIDED, DANA MCKAY

ous budget cuts because if they are passed, the horror faced by my family may not be isolated to that small village in Illinois. We can fight to cultivate change right now by contacting our representatives and making our voices heard. Together, we can protect the EPA.

Got an opinion? Metro would love to hear it. Send letters via email to letters@ metro.us along with a headshot and your name. Letters should be 300 to 400 words.



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Baby Boomers Benefitting From Knee Arthritis Ti

How Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers A

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . Because They Are

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

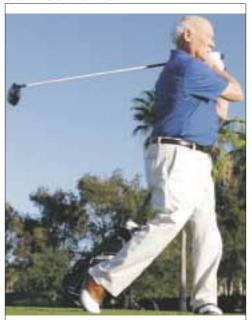
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The NYC Pain MD doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. But wait. This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important, to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at *NYC Pain MD* use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While *NYC Pain MD* cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary, patient to patient.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to *NYC Pain MD* after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at *NYC Pain MD*.

Patients Should Be Assured About Prescsion Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! This means the doctor did not actually see if the lubricating gel went exactly where it was intended. The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging during the entire procedure. You can actually see the lubricating gel as it goes where it in needed. If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used THROUGHOUT THE ENTIRE PROCEDURE. Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At *NYC Pain MD* you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

reatments Their Parents Could Only Dream About

void Knee Replacement Surgery and Stay Active Into Their 50's, 60's, 70s and even 80s

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at *NYC Pain MD* could be the answer you are looking for. This is important - this is especially for you if you have had viscosupplmentation in the past without good results.

Many patients who did not have good results elsewhere are often able get very favorable results because of the advanced technology and procdure experience at *NYC Pain MD*. In fact, ome patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you the experts at *NYC Pain MD* offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening, just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patents the individual time they deserve. If you have ever been to a doctors office and been rushed or treated like a number - NYC Pain MD is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients



How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. *NYC Pain MD* receives hundreds of patients calls weekly... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination

and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is or you . Zero risk or obligation. Just call **800-741-5340**. Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: Technology with Caring Doctors: NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.

like the good 'ole days... then *NYC Pain MD* may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.

Uptown: 57 West 57th Street New York NY

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- Care Management Managers (RN)
- Utilization Management Nurses (LPN or RN)
- Non-clinical Telephonic & Field Coordinators (Spanish, Mandarin and Cantonese)
- Member Services Representatives

We have many open positions in preparing for January 2017. Walk-ins are welcome! Please contact Vivian Chen to schedule your interview appointment. Phone: 929-258-7609 or Email: vchen@magellanhealth.com

Danica Roem becomes Virginia's first transgender woman to be elected to office

Virginia made history last night when Danica Roem became the first transgender woman to become an elected official.

Democratic candidate Danica Roem, 33, defeated Republican Robert G. Marshall and was elected as a member of the Virginia House of Delegates in the state's 13th District.

Marshall, 73, had served in the Virginia House of Delegates since 1992 and has referred to himself as Virginia's "chief homophobe." He spent most of his career fighting against the same rights Danica Roem stands for.

Marshall is the author of the now-voided constitutional amendment that defined marriage as between a man and a woman, and he was also responsible for proposing a bathroom bill to restrict public bathroom use by transgender people.

Roem dedicated her victory to anyone who



In 2013, Danica Roem, an LGBTQ rights advocate, came out as transgender. GETTY IMAGES

has been discriminated against last night in her victory speech.

"To every person who's ever been singled out, who's ever been stigmatized, who's ever been the misfit, who's ever been the kid in the corner, who's ever needed someone to stand up for them when they didn't have a voice of their own," Roem said before a crowd of supporters. "This one is for you," she said.

According to The Washington Post, Roem had a very strong campaign and received more than \$500,000 in donations from LGBT groups around the country.

In a Facebook post, Marshall thanked his supporters but did not congratulate Roem.

Roem, from northern Virginia, worked as a journalist. She attended St. Bonaventure University in New York where she majored in journalism. Roem later became a lead journalist for the Gainesville and Prince Williams Times in Virginia before turning to politics.

LENYON WHITAKER

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities: mobility (5%) and vision/hearing (2%).
- Preference for a percentage of units goes to residents of Bronx Community Board 6 (50%) and municipal employees (5%).

AVAILABLE UNITS AND INCOME REQUIREMENTS

30% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴	MEDIAN INCOME AI) UNITS	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴	
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Zω	1 bedroom	\$396	8	→	2 people	\$15,532 - \$22,920	Ξs	1 bedroom		7	→	2 people	\$21,086 - \$30,560	
A MEDIAN I					2 people	\$18,515 - \$22,920	EA MEDIAN I (AMI) UNITS					2 people	\$25,166 - \$30,560	
	2 bedroom	\$482	7	→	3 people	\$18,515 - \$25,770	받음	2 bedroom	\$676	14	\rightarrow	3 people	\$25,166 - \$34,360	
AA					4 people	\$18,515 - \$28,620	AA					4 people	\$25,166 - \$38,160	
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JE I	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴	me³ Maximum)⁴	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴	
60% AREA MEDIAN INCOME (AMI) UNITS					1 person	\$26,640 - \$33,400		Studio	\$822	2	\rightarrow	1 person	\$30,069 - \$40,080	
\ <u>\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\</u>	1 bedroom	\$720	7	→	2 people	\$26,640 - \$38,200	<u> </u>	1	\$882	25		1 person	\$32,195 - \$40,080	
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					6 people	\$36,858 - \$55,350						6 people	\$44,538 - \$66,420	
INCOME	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴	How Do You Apply? Apply online or through mail. To apply online, please go to nyc.gov/housingconnect .							
Š	1 hodroom	\$1,368	2		1 person	\$48,858 - \$80,160	To request an application by mail, send a self-addressed envelope to: West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmor							
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2 people

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\$58,458 - \$91,860

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\$58,458 - \$114,480

\$67,646 - \$103,080

\$67,646 - \$114,480

\$67,646 - \$123,720

\$67,646 - \$132,840

16

8

Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than January 5, 2018. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 5 de enero 2018

简体中文 访问 <u>nyc.gov/housingconnect</u> 在线申请。如要获取本广告及书面申请表的简体中文版,请将您的回邮信封寄送至: West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418 信封背面请用 英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2018 年 1 月 5 日

Чтобы подать заявление через интернет, зайдите на сайт: пус.gov/housingconnect. Для получения данного объявления на русском языке отправьте конверт с обратным адресом по адресу West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418 На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 5 январь 2018

nvc.qov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018 년 1 월 5 일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou reserva yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: West Farms Apartments c/o The Wavecrest Ayisyien Management Team, 87-14 116th Street, Richmond Hill, NY 11418. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat janvye 5, 2018

West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY, 11418, الإعاد المسلم مظروف يحمل اسمك وغواتك البن المسك وغواتك البن المسكو وغواتك المنافق الإلكتروني . nyc.gov/housingconnect للحصول على ترجمة باللغة العربية لهيذا الإعلان ولنعوذج الطلب الورقمي، أرسل مظروف يحمل اسمك وغواتك البن المسكو وغواتك المنافق الإكتارون المسلم الم على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 5 يناير، 2018











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Kate Hudson denies those pesky **Brad Pitt rumors**

Remember those few, juicy weeks where we thought that Brad Pitt was rebounding from Angelina Jolie with Kate Hudson? Well, Hudson is finally opening up about it and if you were invested, gird your loins to be disappointed!
"That was the

craziest rumor of all time," Hudson says on "Watch What Happens Live." "There's nothing true to that." Aw, man! The "Marshall" actress adds that she hasn't even seen Brad in, we quote, "like, four

Still, the 38-year-old admits that it's not the worst rumor to be caught up in. I mean, wouldn't we all want other people to think we're dating Brad Pitt? "It was kind of an awesome rumor. I kind of liked it."

Hudson is currently dating some dude named Danny Fujikawa now - you remember, the one with the ironic LinkedIn profile. So Brad Pitt, looks like that's another dream, dead. At least he'll always have Frank Ocean.



Will & Jada never even gave Tyrese money



It seemed like only yesterday that Tyrese Gibson was bragging on Instagram that Will Smith and Jada Pinkett Smith gave him \$5 million to help him stay afloat during his ongo-ing custody battle, with the added agreement that Gibson would stay off the internet.

Now, sources close to the Smith family say they never gave Tyrese money at all. And on Tuesday, Gibson admitted himself that he'd yet to receive the money,

which perhaps explains why he is still doing the most on social media.

Sources tell TMZ that the Smiths have been friendly with Gibson for years and they're wor-ried that the "Fast & The Furious" star is having some sort of breakdown. You don't say?

No word from Will or Jada yet - and we're not counting on it — but maybe Gibson should stay away from the internet. Just for his (and our) emotional wellbeing.

Very young persons Chloe & Brooklyn are back on

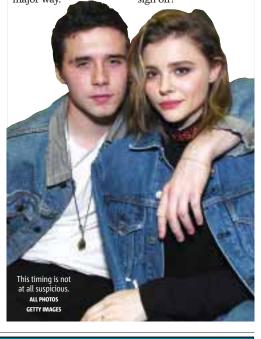
Chloe Grace Moretz is gushing about her onagain boyfriend, Brooklyn Beckham. Also, did you know that she has a new film coming out?

The 20-year-old, who stars in Louis C.K.'s film "I Love You, Daddy" no thanks! — opened up to Us Weekly about Beckham, saying stuff like, "We chose each other." OK!

Moretz and Beckham, 18, split most recently in August 2016, but they are back on in a major way.

We're talking Instagram posts dedicated to each other type of way. Kids these days! "I think he's adorable," she continues. "[We] don't need much more than each other's company whenever we can grab it."

Moretz did forget to mention one thing, though. The one thing that was probably the whole point of this outing: "I Love You, Daddy" is out in theaters Nov. 17. You think she would have remembered that sign off!





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The Museum of the City of New York is looking back on 50 years of public art, and we've got their picks of the most influential pieces.



EVA KIS @thisiskis

It would not be a stretch to say that public art saved New York City.

The first pieces of public art came along in 1967, at a time when the city — as many other cities at the time — was struggling with crime and budget deficits.

Mayor John Lindsay was keen on the idea of supporting the arts, supporting creative programming as a way of maintaining New York's sense of excitement and livability and attractiveness at a time when cities are teetering on the brink," explains Lilly Tuttle, the curator of "Art in the Open," a sprawling retrospective of 50 years at the Museum of the City of New York, opening Nov. 10.

Since then, it's hard to imagine the city's streets, parks, buildings and subways without the energy and, yes, occasional controversy that public art brings.

Art in the Open covers the good and the bad with over 125 objects, including original public artworks. And while most came and went, there are a few that stand out for changing the city indel-

"Crack Is Wack"

If there's one artist who truly democratized public art, it's Keith Haring, who painted murals all over the city, indoors and out, and was among the first non-graffiti artists to use the subway as his canvas.

In 1986, he created his most memorable piece: the neon orange "Crack Is Wack" mural at a Harlem handball court. "This was at the height of the city's crack epidemic," recalls Tuttle.

Haring was arrested and the mural painted over. The press at the time cried hypocrisy, and then-Mayor Ed Koch, "who was a real crusader against graffiti and vandalism at this time, realized that maybe there was an opportunity here.'

Haring was invited to repaint the mural, and the playground was eventually renamed the Crack Is Wack Playground.

"Tilted Arc"

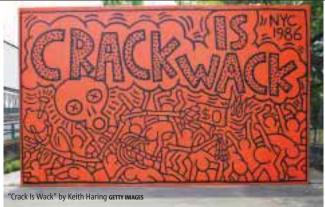
Richard Serra was a wellknown and respected American sculptor, but his 1981 work "Tilted Arc" caused an uproar when it was unveiled in Lower Manhattan's Federal Plaza.

Like many of Serra's works, it was a long, bending wall meant to evoke geometric harmony and "activate" the site. "But to a worker who doesn't know the work of Richard Serra, there's suddenly a wall bisecting the plaza that you traverse every day to get into your office," Tuttle explains.

There was no advance



WHERE TO EAT, DRINK & PLAY





notice or dialogue with the community, "and so you have a moment where art and the public are at cross purposes."

The work was eventually removed in 1989 and remains in a warehouse, a lesson in art serving the space it's meant for.

"The Alamo"

The most popular piece of public art ever erected in the city is "The Alamo," better known as "the cube that sits in Astor Place." Tony Rosenthal's work was part of a large outdoor exhibition called Sculpture and Environment in 1967 with works all over Manhattan, but is the only piece that remains.

"It was really popular and it became an icon for Astor Place," Tuttle says. "People hung out around it, you could turn it, there was an article in The New York Times about it.

"It was not meant to stay, and it just stuck. How could we imagine Astor Place without that cube?"

"Tribute in Light"

Building a memorial is "an enormous challenge," but one work of art that's been beloved since its debut: the "Tribute in Light," two beams representing the World Trade Center towers that are lit up every Sept. 11 since their debut in 2002.

"Talk about stepping into a void during a period of not just rawness but controversy in New York City," says Tuttle, referring to the prolonged debate over what the permanent memorial should be. "A collection of artists came together to create an incredibly simple and incredibly powerful tribute."

"The Gates"

Christo and Jeanne-Claude's ambitious project to place 7,500 gates throughout Central Park was 26 years in the making.

Originally turned down when it was proposed in 1979 because Central Park was in as much disrepair as the rest of the city, Mayor Michael Bloomberg saw it as a morale booster post-9/11. The project was finally realized in 2005.

"There was something very social, communitybased aspect to it that is an important part of remembering that show," Tuttle says.

"What it did, too, was kick off a new era of bold, ambitious, gutsy public art that New Yorkers have now come to expect." ARE YOU CURRENTLY TAKING A MEDICATION BUT STILL FEELING

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EVA KIS

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We're all so used to seeing the world in Instagram photos and news bites.

But when you want to look closer and see what a cursory glance misses, documentaries remain the best way to truly experience the world around you.

Beginning today through Nov. 16, the Doc NYC festival is showing a rich collection of 250 documentaries from filmmakers around the world, 50 of them premieres.

The films explore everything from local characters to issues that persist despite falling out of the headlines, to heartwarming stories about our common humanity.

From our own backyard comes "David Bowie: The Last Five Years," in which director Francis Whately was given extraordinary access to the singer as he prepared a new album before his death in 2016. Another notable feature is "Blue Velvet Revisited," the long-awaited documentary about the making of David Lynch's movie

Here are our picks for the essential documentaries of 2017; for the full list of films and showtimes, visit docnycnet.

in 1985.

"The Growing Season"



"The Growing Season"
EVAN BRIGGS

In the little

town of Providence Mount St. Vincent near Seattle is a place where the oldest and youngest residents enrich each other's lives. The Intergenerational Learning Center houses a preschool and a nursing home, where residents and youngsters learn, play and live together.

"Cuba and the Cameraman"

Doc NYC Lifetime Achievement Award recipient Jon Alpert captures a country that's changing faster than it can keep up. Cuba is now open to tourism after a decades-long U.S. travel ban, and Alpert has been there capturing daily life for over 40 years. Follow the country's journey through the lens of a man so respected, Fidel Castro granted him special access to the Caribbean island.

"Atomic Homefront"

We think of the scars of the atomic era as being

borne by the deserts of New Mexico and, more indelibly, Japan. But Oscar-nominated filmmaker Rebecca Cammisa shows the effects on the city of St. Louis, which was home to a uranium-processing center. Lax regulations led to contamination from radioactive waste throughout neighborhoods in North County, and the film follows the citizen-led movement to get to the truth and demand accountability.

Problem with Apu" is Hari Kondabolu's reckoning with the bodega owner on "The Simpsons." TRUTY

"City of Ghosts"

Much of the world has turned away from the ongoing crisis in the Middle East, not to mention the displaced people who are just as much victims of the crisis as the dead. But a brave group of citizens decided to remain in Raqqa, Syria, after it was overtaken by ISIS in 2014 to continue documenting what was happening there. Director Matthew Heineman ("Cartel Land") profiles these holdouts, the sacrifices they've made and their determination to give their homeland a future.

"The Problem With Apu"

There's probably no phrase that better sums up our current era than "all your faves are problematic." It can be uncomfortable to look closer at a cultural icon, but that's what comedian and social commentator Hari Kondabolu did with a character he's seen as his lifelong nemesis: Apu, the owner of the Kwik-E-Mart on "The Simpsons" and the only Indian figure on television for too long.



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YOUR WEEKEND STARTS NOW



Soiree on Surf: The 1208 **Centennial Celebration**

If you've ever ridden your way through the amusement parks of Coney Island or just strolled on the boardwalk with a frozen drink in hand — it's all good — then you've passed 1208 Surf Avenue, a staple of the community for 100 years and the center of celebrations this weekend at Coney Island's Fall Gala. The evening includes an illustrated history of the site, plus a performance, food and an open bar. Funds support Coney Island's museum and arts programs, including the Mermaid Parade and Coney Island Film Festival.

Nov. 11, 7-11 p.m., Coney Island USA, 2018 Surf Ave., Brooklyn, \$100, coneyisland.com

ARTS

What We're Up **Against**

The Germans probably have a word for what women will feel when they see "What We're Up Against," which opened this week at the WP Theater. It's a dark comedy about why women still work twice as hard to go half as far as men. The problem? It was written in 1992. It's funny, but it aches that every line feels so relevant. Guys who wanted to "do something" about that #metoo thing? Here's an easy pass: Treat yourself and just listen to female reactions in the audience.

Through Nov. 26, WP Theater, 2162 Broadway, \$39-\$89, wptheater.org

"Christmas Spectacular"

You might hate the memes saying that every day after Halloween is Christmas, but it's official when the "Christmas Spectacular" opens at Radio City Music Hall. The Rockettes get kicking this weekend and they don't stop until after the ball drops, so there's plenty of time for families to get in the holiday spirit with kick lines, toy soldier dances and visit from Santa.

Nov. 10-Jan. 11, Radio City Music Hall, 1260 Avenue of the Americas, \$50-\$130, rockettes.com

PARTY

"Stranger Things 2" theme party

If you had the coolest "Stranger Things" costume on the streets this year — or better yet, if you got a killer idea for one during season two but didn't get to bust it out in time for Halloween — you'll have a second chance this weekend at the "Stranger Things 2" theme party. You can come in full regalia or just clothes inspired by the '80s, and vie for prizes for best looks. There's also a trivia contest. You'll dance to music from the best decade and from the show, with free entry before 11 p.m. Nov. 11, 10 p.m., Lot 45 Bushwick, 411 Troutman St., Brooklyn, free,

DATING

lot45bushwick.com

Zola's Love Stories Tour

If you're a fan of the "Modern Love" podcast (or just a fan of romance), you'll want to get to Zola's Love Stories Tour, where you can share your tales of love 21st-century style and maybe be included in the show. You can hop on board Zola's Registry on Wheels with products for sale and a recording studio. They're also giving away 1,000 Magnolia cupcakes! Nov. 11, 10 a.m.-6 p.m., 22nd St. between Fifth Ave. and Broadway, free, zola.com

DRINKS

Whiskey Feast

Isn't it nice when a name says it all for you? Whiskey Feast gives you two hours to sip straight whiskey or wimp out with cocktails (just kidding!) while enjoying "harvestinspired" bites. Drink brands include Four Roses Bourbon, Highland Park and Wyoming Whiskey, with restaurants like BeeHive Oven Biscuit Cafe, Burger Envy, Ponti Rossi and Rahi, plus food-fest staple Wowfulls. There's also spin art, a photobooth, a cigar-rolling station, a doughnut wall and a DJ. Nov. 11, 1:30, 4:30 or 7:30 p.m., Hudson Terrace, 621 W. 46th St., \$69-\$85, whiskeyfeast.com

COMEDY

Pam Ann: Miss Worldwide

Air travel is, itself, the subject of many a punchline, but celebrity flight attendant Pam Ann has been dishing out first-class sass for 20 years and keeps adding mileage to the trope. Case in point, her new show at Joe's Pub: Miss Worldwide. She'll be regaling the audience with tales from her time on private jets with the likes of Elton John, Madonna and Cher. She may rub elbows at 30,000 feet, but onstage the white gloves come off. Return dates are Dec. 1-2. Nov. 11, Midnight, Joe's Pub, 465 Lafayette St., \$30, joespub.com

MARKET

American Field

Trendsetters who love to shop American made have an entire market dedicated to the best of emerging brands and hip businesses at American Field. The marketplace for over 100 up-and-coming fashion, beauty and lifestyle brands, plus food vendors, is coming to Industry City this weekend. It's free to browse, shop or snack, plus sample drinks from Maker's Mark and Virginia Dare Winery.

Nov. 11-12, 11 a.m.-6 p.m., Industry City, 274 36th St., Brooklyn, free, americanfield.us

FOOD

Grilled Cheese Meltdown

Is there a food more perfect in its simplicity than a grilled-cheese sandwich? Didn't think so. On Sunday, the annual Grilled Cheese Meltdown lets you loose to sample takes on the classic from the likes of Grilled Cheese Alley, Molly's Milk Truck, Creamline and the Press Shop — and if you dare, you can mess with perfection at the Cholula Hot Sauce station while enjoying tunes by DJ Jeronimo.

Nov. 12, 12:30-3 & 4:30-7 p.m., Second Floor NYC, 849 Sixth Ave., \$35-\$45, timeout.com T. MICHELLE MURPHY



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While neighbors scrape their windshields with long-defunct Blockbuster cards or jostle for a spot on the train in rush-hour darkness, picture yourself on 23 miles of beautiful Atlantic coastline. Hard-packed white

sandy beaches stretch from Ormond-by-the-Sea to Ponce Inlet, the perimeters of the Daytona area, and thankfully everything is perfectly intact — hurricane season was gentle on this part of Florida (but the state could still use your tourism dollars).

Where are we?

Lesser-known than nearby Orlando (but only an hour away), Daytona proves a great jumping-off point for those eager to soak up the rays in the center of the state, as it's also just an hour north of the Kennedy Space Center and an hour south of St Augustine. And the perfect place to give your park pass a rest and trade your space suit for a swim suit — but be prepared to explore; you can drive from one end of Daytona to the other in 30 minutes, with plenty to experience along the way.

Besides relaxing ...

Start by taking a shine to some local history. The Ponce Inlet Lighthouse is the state's tallest (take the 203 steps to the top to earn your keep), and this month celebrates its 130th year. The operator's cottages have been restored, and a museum that's even of interest to the non-museum set sheds a light (ahem) on some fascinating local history. For more, including upcoming events, visit ponceinlet.org

Right next door is the Marine Science Center - a must if kids are in tow this vacay. It has an "Aquatic Touch Pool," and as the name suggests, you're invited to roll up your sleeves and get handsy with stingrays and hermit crabs. There's also a sea turtle hospital on the premises, so prepare to learn about these beautiful creatures (and perhaps meet a few at various stages of their

lives, from birth (tiny turtles!) through recovery). Contact details and hours are available at marinesciencecenter.com

If a round of golf's more to your liking, you're spoiled for choice. There are nearly two dozen nationally-ranked courses a short drive from wherever you set up camp in Daytona. And have we mentioned the weather's perfect for 18 holes roughly 250 days of the year? There's that, too.

Fast-and-furious fare

If Daytona's auto racing is of interest, make a pilgrimage to Racing's North Turn (also in Ponce Inlet). This historic beachside barand-resto sits on the exact location where racing began here in 1936, and races were held right out front until 1958 when Nascar came to town with the Super Speedway. You can

transport yourself back to the days when drivers had to battle 2 miles of sandy beach as part of their track by pulling up a deck chair, ordering some blackened fish tacos and a cold beer,

y

Ponce de Leon lighthouse **ISTOCK**

and enjoying tons of memorabilia and live music. The website is racingsnorthturn.com

Fly-bye

It's surprisingly easy to get to Daytona Beach International Airport from the Northeast: New Yorkers have access to direct flights, and just one connection separates Boston and Philadelphia from sun and sand. If you're adding a visit to Orlando to your itinerary, direct flights await from all three cities.

Time for bed

Described as "upscale, but not uptight," the Shores Resort & Spa is the area's luxe option if you'd like to stay right on the ocean. It offers 212 guestrooms, complimentary beachfront yoga at sunrise, and for an additional charge you can arrange your charter fishing boat and surf school on site, or opt for a treatment in the spa. If you can't drag yourself off the property there's a fine-dining restaurant, cocktail lounge and tiki bar built in. For rates and availability, check out shoresresort.com



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The Shire

Merriment abounds at this Hobbit-friendly establishment in Killarney, Ireland. Arrive at the Prancing Pony Inn, wander (if you dare) through Mordor and end up at this Green Dragon-esque den, yet beware a roaming

Smeagol as you down a pint of Bilbo's Beer or sip a Middle Earth Mojito.

The Croft Institute

Lab coats and goggles are advised at this Melbourne laneway bar, modeled after an old-school science lab. Yes, you can drink the stuff inside the beaker. For a further dose of high school nostalgia, visit the bar's other floors and settle into the bleachers surrounding the gymnasium, or dance to a DJ on the basketball court.

Planetarium Bar

See stars no matter how much you drink at Tokyo's dark and cozy Planetarium Bar. An emcee announces the names of constellations making your boozy cosmic journey a tad more educational.



The Lockhart

Choose from a wide selection of potions and elixirs at The Lockhart, with two locations in Montreal and Toronto. Conjure up a Patronus, or just get a little tipsy — Better Beer (served with a toasted marshmallow) or Gin Weasley cocktails will put a spell on you.

Unicorn & Narwhal

If the carnival of color doesn't overload your senses, enchant your taste buds at these two fantastical watering holes in Seattle, serving

magical beverages like the Mystical Mermaid cocktail or a shot of Rainbow Brite.

Scum and Villainy **Cantina**

Hop in your starcruiser and head to Tatooine for a Rebel IPA or a Chosen One cocktail at Scum and Villainy Cantina in Hollywood. Just be sure to leave your Droids at the door.

The Magic Castle

Do you know the secret

Wreck Bar

Go where the mer-people are when they visit the land of the sun. Visit the home of Medusirena the fire-eating mermaid and her swimming sirens as you imbibe a tropical cocktail at this Fort Lauderdale getaway "under the sea.

Storm Crow Tavern

Cthulu presides over this house in Vancouver, British Columbia, where gamers roll the dice and release the Kraken on their opponents (also the name of a cocktail here, of course).

cum and Villainy Cantina password? This private

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Is this the end of the road for Eli?

has ordered team scouts to evaluate top quarterbacks in 2018 draft class.



JOE PANTORNO

The only thing the New York Giants might be winning in 2017 is a topthree selection in the 2018 NFL draft as they are 1-7 through the halfway point this season. It looks like they are already studying up on some top prospects should the horrendous slide continue.

And it could spell the end of Eli Manning under center in New York.

According to Jordan Raanan of ESPN.com, Giants co-owner John Mara is looking for the team's next franchise quarterback and, obviously, Manning's replacement. It was an order he gave his scouts "several weeks ago.

The 36-year-old Manning has not been able to salvage an offense that has a multitude of problems this year.

An offensive line that was neglected during the offseason continues to allow unrelenting pressure into Manning's pocket while the wide receiving corps has been destroyed due to injuries. Both Odell Beckham Jr. and Brandon Marshall are out of the season because of injuries.

While Manning's numbers aren't noticeably bad on paper - his completion percentage is actually on pace to be his best ever at 63.2 percent is clear watching the film that he has slowed a step, which is natural for most players not named Tom



UCLA QB Josh Rosen GETTY IMAGES



e Giants are looking for their next QB to replace Eli Manning. GETTY IMAGES

Brady at that age. He has difficulties throwing the ball on the run, which is a disaster for a quarterback constantly under pressure and has mostly resorted to short, ineffective passes because of it.

While it's unfair to label Manning as the reason for the team's struggles, Vice President of Player Evaluation Marc Ross has already scouted quarterback Josh Rosen, who is the second-ranked quarterback prospect in the 2018 draft class by WalterFootball.com.

Rosen has passed for 2,713 yards, 20 touchdowns and eight interceptions in eight games this season while completing 63.1 percent of his passes. However, the football world will be closely monitoring his health after suffering a concussion against Washington that forced him out of last week's game against Utah. He is expected to play this weekend against Arizona State.

But depth at the quarterback position in this draft class will ensure Ross stays plenty busy over the next few months. USC's Sam Darnold (No. 3 ranked QB) and Wyoming's Josh Allen (No. 5 ranked QB) are a pair of arms that are expected to garner serious consideration for early first-round selections.

Heading into the season, Darnold was expected to be the prize of the New York Jets considering they were not supposed to win more than two or three games this season. But a 4-5 start has them slated for a middle-of-thepack selection, resulting in the loss of a chance at drafting a franchise quarterback.

USC The product has played in two more games than Rosen, amassing 2,869 yards with 22 touchdowns and 11 picks as he tries to will his Trojans back into the playoff conversation:

Allen is the dark horse here just because of the school he plays at. Wyoming has had just three quarterbacks selected in the NFL draft dating back to 1960 with none of them attaining any kind of success at the professional level. He ĥasn't had a great start to his season with 12 touchdowns and six interceptions through his first nine games of the season, including tough outings against Hawaii and Oregon.

At 6-foot-5, 222 pounds, he has the physical attributes to be a successful quarterback, now he just has to put everything together. He'll likely be a work in progress, which the Giants might not want to go for.

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- 16 Strait-laced
- 18 Shade-loving plant
- 19 Antlered animal
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- 67 Enjoys 68 Lawn pest
- 69 Singing brothers
- 70 Look after the hens

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- 71 Double dates
- 72 Mexican dollar

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- 4 After expenses
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- 8 Coal measure
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- 11 Before 12 Form droplets
- 15 Make sore by rubbing

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17 Wagner works

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- 23 Cratchit boy
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- 27 Synthetic fabrics 29 Imported car
- 30 Court summons
- 31 Still-active volcano 32 Greek-salad cheese
- 33 Film director -- Reitman
- 34 Separate violently
- 36 Scaleless fish
- 40 Click-on items
- 41 Job holder
- 44 Encircled
- 47 Green parrot
- 49 Very funny people
- 51 Debate subjects
- 53 Macaroni type
- 55 Illegal act
- 56 High fliers
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- 59 Comic-strip dog
- 60 Microwave
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- 66 Drop bait on water

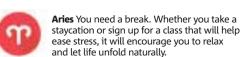
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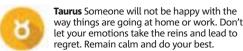
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Cancer Money problems will surface if you are extravagant or you can't say no to someone asking for too much. Trying to buy someone's affection will not help you gain respect.

Leo You'll tend to overreact, be indulgent

with investments or emotional matters.

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vance. You want to make money, not lose it.

and end up in an emotional situation you will regret. Use your smarts to avoid trouble. Exercise and proper eating are encouraged. Virgo Avoid being impulsive when dealing

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Libra Don't let impulse get the better of you. When in doubt, take a step back and think about the probable outcome of your actions. Don't let an assumption ruin a relationship.



Scorpio Emotions will be difficult to control. Avoid a trap set by one of your peers. If you want to get things done, work alone. Don't venture too far from home.



Sagittarius Financial concerns will add to your stress and could affect your health if you aren't careful when handling settlements, investments or joint funds.



Capricorn A problem will crop up if you let a sensitive issue metastasize. Do your best to contain your emotions and deal with matters professionally and without hesitation.



Aquarius Emotional spending, overreacting and getting involved in indulgent behavior won't resolve matters. Do what needs to be done and move on.



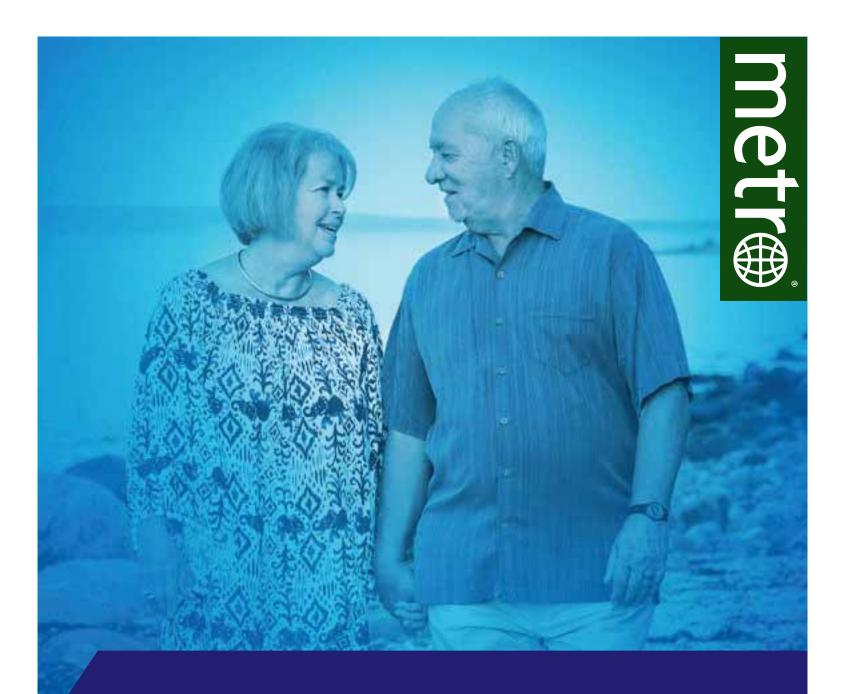
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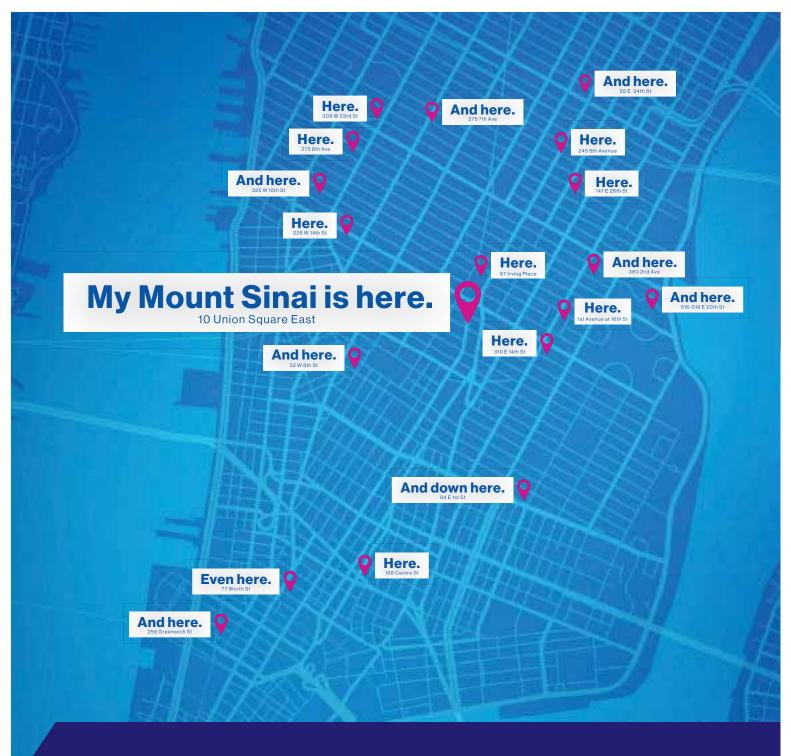


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